

Recommendations for emergency supplies:

- Water – 1 gallon of water per person per day, for drinking and sanitation (Use 16 drops of regular household liquid bleach per gallon of water to treat water for drinking. Do not use scented or color-safe bleaches, or those with added cleaners.)
- Food – At least a 3-day supply of nonperishable food (ready-to-eat canned meats, fruits, and vegetables; canned juices, milk, and soup (if powdered, store extra water); staples like sugar, salt, pepper; high-energy foods like peanut butter, jelly, crackers, granola bars, trail mix
- Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both
- Flashlight and extra batteries
- Whistle to signal for help
- Infant formula and diapers, if you have an infant
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Dust mask or cotton t-shirt, to help filter the air
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Clothing and bedding – If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. Have one complete change of warm clothing and shoes per person, including:
 - A jacket or coat
 - Long pants
 - A long-sleeved shirt
 - Sturdy shoes
 - A hat and gloves
 - A sleeping bag or warm blanket for each person
- Additional supplies (some may be dangerous, so an adult should assemble them and they should not be accessible by children):
 - Rain gear
 - Mess kits, paper cups, plates, and plastic utensils
 - Cash or traveler's checks and change
 - Paper towels
 - Fire extinguisher
 - Tent
 - Compass
 - Matches in a waterproof container
 - Signal flare
 - Paper and pencil
 - Personal hygiene items including feminine supplies
 - Disinfectant
 - Household chlorine bleach
 - Medicine dropper

- Important documents such as copies of insurance policies, identification, and bank account records in a waterproof, portable container
- First aid kit to include:
 - **Basics:**
 - Two pairs of latex glove (or other sterile gloves if you are allergic to latex)
 - Sterile dressings to stop bleeding
 - Cleansing agent/soap and antibiotic towelettes
 - Antibiotic ointment
 - Burn ointment
 - Adhesive bandages in a variety of sizes
 - Eye wash solution to flush the eyes or as general decontaminant
 - Thermometer
 - Prescription medications you take every day such as insulin, heart medicine, and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
 - Prescribed medical supplies such as glucose and blood-pressure monitoring equipment and supplies
 - **Nonprescription drugs:**
 - Aspirin or non-aspirin pain reliever
 - Anti-diarrhea medication
 - Antacid
 - Laxative
 - **Other first aid supplies:**
 - Scissors
 - Tweezers
 - Tube of petroleum jelly or other lubricant